

Year 10 BTEC Sport Learning Programme 3

<p>The LORIC skill focus for this LP is: RESILIENCE The Moral Virtues focus for this LP are: RESPECT and JUSTICE</p> <p>Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable.</p> <p>What will I be learning about in this Learning Programme? Explore types and provision of sport and physical activity for different types of participant Examine equipment and technology required for participants to use when taking part in sport and physical activity Be able to prepare participants to take part in physical activity</p> <p>Where have I seen this learning before? - PE lessons; Sports media</p> <p>What could I use it for? To improve all aspects of physical and skill related fitness</p>		<p>Literacy:</p> <ul style="list-style-type: none"> Capital letters must be used at the start of sentences and for the first letter of proper nouns Full stops must be used at the end of a sentence Question marks must be used at the end of a question Apostrophes should only be used for possession or omission Days of the week and months must be spelled correctly Key words must be spelled correctly
<p>In LP3.1, I will know: 06/01/25 - (WK 2)</p> <p>about the course and the understanding of expectations Students will learn about the different providers of Sport in England.</p>	<p>Key Vocabulary</p> <p>NGBs, resilience, endorphins</p>	<p>Homework</p> <p>TheEverlearner - Types and Providers of Sport and Physical Activity</p>
<p>In LP3.2, I will know: 13/01/25 - (WK 1)</p> <p>about Outdoor sport and the different options for outdoor sport. Students will learn about the benefits of outdoor sport.</p>	<p>Key Vocabulary</p> <p>Positive Risk taking activities</p>	<p>Homework</p> <p>TheEverlearner - Types and Needs of Sport and Physical Activity Participants</p>
<p>In LP3.3, I will know: 20/01/25 - (WK 2)</p> <p>about activities used to develop levels of fitness . Students will learn about the benefits of taking part in activities to improve fitness.</p>	<p>Key Vocabulary</p> <p>Body composition, fat mass, cardiovascular fitness</p>	<p>Homework</p> <p>TheEverlearner - Barriers to Participation in Sport and Physical Activity</p>
<p>In LP3.4, I will know: 27/01/25 - (WK 1)</p> <p>about the provision of sport within the different sectors Pupils will learn about the different characteristics of the different sectors</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>sectors, voluntary aided</p>	<p>Homework</p> <p>TheEverlearner - Checkpoint 1 & 2</p>
<p>In LP3.5, I will know: 03/02/25 - (WK 2)</p> <p>how to prepare participants to take part in physical activity.</p>	<p>Key Vocabulary</p> <p>Heart rate, pulse rate</p>	<p>Homework</p> <p>TheEverlearner - Sports Clothing, Equipment and three benefits - The Influence of Technology</p>
<p>In LP3.6, I will know: 10/02/25 - (WK 1)</p> <p>about the different advantages and disadvantages of the provision of sport within the different sectors.</p>	<p>Key Vocabulary</p> <p>muscular hypertrophy</p>	<p>Homework</p> <p>TheEverlearner - Planning a warm up</p>
<p>LP3 RLV, I will: 24/02/25 - (WK 2)</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>	<p>Key Vocabulary</p> <p>type 2 diabetes, blood pressure, coronary heart disease</p>	<p>Homework</p> <p>TheEverlearner - Adapting a warm up for different types of people</p>
<p>In LP3.7, I will know: 03/03/25 - (WK 1)</p> <p>the characteristics of different types of participant and how this affects their different physical, social and mental health needs. Extended Task.</p>	<p>Key Vocabulary</p> <p>Depression</p>	<p>Homework</p> <p>TheEverlearner - Delivering a Warm Up</p>
<p>Resources to support learning:</p> <p>My Knowledge Organisers / TheEverlearner.com / WJEC Sport and Coaching Principles Text book and website https://theeverlearner.com https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</p>		
<p>FFET Award Challenge for this Learning Programme:</p> <p>Can you name 10 technological advances in sport</p>		

PRT Task 1

PRT Task 2